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most disastrous. The gentle method of government can be established from the cradle; and if a baby is comfortably clothed, properly fed and its rights respected, and not tyrannized or domineered over, which naturally produces a combative spirit in a child, it will develop into a most lovable baby, requiring very little handling, appreciating every attention, and will not be spoiled.

Just a word about clothing. This plays a most important part in comfort or discomfort, the maintenance of health and the predisposition to disease. I find that the more simply a baby is clothed, the more comfortable it is, and one of the chief articles to be considered is its band. If this is not carefully adjusted it will cause pressure over the stomach, producing vomiting and discomfort. I have found a knit roller band to be most acceptable. It is easily adjusted, retains its elasticity and does not become harsh with frequent washings, as do the strips of flannel commonly used. I am sure that we all realize that it is important for the baby to be clothed according to the temperature. Many summer troubles are partially due to overdressing, as the babies become overheated, and sickness ensues. In a lecture given by Dr. McCormick this statement was made: "That during the summer of 1908, in July, 484 babies had succumbed in one of our largest cities, from poor and dirty milk and being overdressed."

(To be continued)

ENTERTAINMENT FOR THE LITTLE INVALID

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DURING the convalescent period of a child's illness one often finds it difficult to furnish sufficient variety of amusement to pass the time pleasantly without overtaxing the little one's powers of endurance. Almost any small boy or girl loves a good story, and some simple interesting tale well read or told will often soothe a nervous, fretful child when nothing else will. Care must be taken, however, not to select stories that will have a tendency to excite or depress the little listener. Paper-doll plays do not call for much exertion, nor cutting out pictures from old magazines; these may be laid away, and wonderful scrap-books made from them later, when the little patient is stronger.

Soap-bubbles offer a fascinating diversion; when the child is able to sit up, give him a new clay pipe and a little soap solution, and he will have a perfectly delightful time for hours. To make a solution

that will produce great, brilliantly colored bubbles, bubbles that will float around in the air, and stand up on the carpet for ten or fifteen minutes at a time, dissolve one ounce of Castile-soap-powder in just a little over a quart of filtered rain water, then add four tablespoons of glycerine, and pour it into a large bottle and shake well. This can be made at any time, and kept on hand ready for use.

The kindergarten system is full of methods admirably adapted to amuse little folks, either sick or well, in a simple and intelligent way. Among those most popular are the cutting, folding, and weaving of paper and a few sheets of colored and white paper, a pair of blunt-pointed scissors, a lead pencil, and a bottle of mucilage or photographer's paste, will provide the necessary equipment for any amount of real helpful pleasure.

The paper folding is so simple, and is especially interesting to the child when he can make something that seems useful: as envelopes, boxes, tents, handkerchief-cases, etc. To make one of these little cases, take an eight-inch square of heavy white paper, fold it through the middle and crease, then unfold, and fold the other way, crease, and unfold as before. Make an eyelet in each corner with the point of the scissors, and turn two opposite corners over to the centre and crease, then the other two in a like manner. Lace a bit of blue or pink ribbon through the eyelets, and tie in a bow. This is so easy that any child can make it in almost the time it takes to tell how.

Nearly every one knows how paper cutting is accomplished, the colored paper clipped into squares, circles, triangles, oblongs, etc., and then arranged in designs and pasted on a white background, or they are cut from white and colored paper, and mounted alternately on a dark ground, just as it suits the fancy of the child. Outlines of figures, simple leaves, fruit, wigwags, or anything that can be easily sketched or traced with the lead pencil, may be cut out and mounted, the white ones on the dark paper, and the dark ones on the white.

Another pretty kindergarten occupation, thoroughly enjoyed by the small boy or girl, is that with embroidery design-cards. If the real ones are not available, squares of white cardboard can be substituted, or the plain side of old visiting and business cards can be used. Trace some simple design on them, such as leaves, plain flat flowers, or figures with large simple outlines. Dot the design, after it has been traced, with dots about an eighth of an inch apart, to indicate each point where the stitch is to be taken, and prick through each dot with a darning needle, then let the child follow the outlines with a blunt needle, using any suitable colored knitting wool or silk.

Paper weaving offers another pleasing amusement for the little convalescent. The foundation of each design is a large square of unruled paper, this is slit into strips of uniform width, joined by a one-inch margin, left at each end. Cut strips from colored paper, the same width as the slits, and let the child weave them into the square, or mat, as it is called. A wire hair-pin may be used to lift the slits while the weaving strips are being passed beneath them, instead of the regulation kindergarten needle. Scraps of left-over wall-paper, either plain or figured, can be used very successfully in this play-work.

A handful of dried peas soaked until soft and a few wooden tooth-picks will furnish a child an unlimited amount of fun. Little skeleton figures of people, boxes, houses, chairs, etc., can be improvised with these simple articles. Some of the figures may be made very suggestive and funny when they are arranged to imitate a form of action. By changing the direction in the skeleton lines they can be made to have the appearance of standing, running, dancing, walking, or almost any position that will appeal to the devising skill of the child.

A shallow box, about eighteen inches square, filled with white sand, will keep a small boy happily busy for hours and hours. The box must be so firmly made that no sand will sift out. It can be placed on a low table in front of the child, or on a bed-table if he is still in bed. With this box all sorts of wonders will be achieved, with the aid of bits of cardboard and small paper toys, roads and bridges may be built, parks laid out, villages and cities founded, and battles fought.

“THE leader for the time being, whoever he may be, is but an instrument, to be used until broken and then to be cast aside; and if he is worth his salt he will care no more when he is broken than a soldier cares when he is sent where his life is forfeit in order that the victory may be won. In the long fight for righteousness the watchword for all of us is spend and be spent. It is of little matter whether any one man fails or succeeds; but the cause shall not fail, for it is the cause of mankind. We, here in America, hold in our hands the hope of the world, the fate of the coming years; and shame and disgrace will be ours if in our eyes the light of high resolve is dimmed, if we trail in the dust the golden hopes of men.”—Theodore Roosevelt in *The Outlook*.